



Four Seasons Health & Aquatics Club

Valley Plaza Resort

5217 Bay City Rd.

Midland, MI 48642

1-989-496-3151

1-800-262-0006

State of Michigan employees are invited to join the club and pay a membership fee of \$249 yearly; normally \$275. You must show your employee ID card.

- ♦ Cardiovascular Equipment
- ♦ Machine & Free Weights
- ♦ Indoor Pool
- ♦ Whirlpool & Sauna
- ♦ Tanning Beds
- ♦ Outdoor Recreational Areas
- ♦ 3-Acre Lake With Beach & Seasonal Water Sports

Whether indoors or out, our Health Club offers Amenities which let you choose the style and tempo of physical activity. Or, a certified Personal Trainer and Nutritionist will guide and encourage you to obtain your maximum physical potential.